

Protect Yourself from Mosquitoes

How do I protect myself from mosquitoes?

- Limit activities when mosquitoes are most active (dusk to dawn)
- Use air-conditioning or make sure window and door screens are in good repair to prevent mosquitoes from getting inside.
- If you will be outside for long periods of time, wear long, loose, light-colored clothing that covers the skin.
- Use repellents containing DEET and always follow the recommendations appearing on the product label.

How do I protect my home from mosquitoes?

- Get rid of standing water around your home where mosquitoes can lay eggs.
- Remove trash, clutter, old tires, and other containers that can hold water around your property.
- Change water weekly in containers that cannot be removed, such as pet dishes, bird baths and kiddie pools.
- Place screens on any rain barrels or water collecting containers and use the water within a week.
- Treat ornamental pools or stock them with fish.
- Report illegal dumping, abandoned swimming pools and water leaks by calling 311.



If traveling, take precautions to protect yourself from mosquitoes. Mosquitoes in other areas of the world can carry chikungunya and dengue.

St. Louis Encephalitis

- Found in Louisiana
- Only 1% of cases develop symptoms
- Symptoms are more common in the elderly
- You may experience:
 - Fever
 - Dizziness
 - Headache
 - Weakness
 - Encephalitis (inflammation of the brain)

West Nile Virus

- Found in Louisiana
- Only 1 in 5 people develop symptoms
- You may experience:
 - Headache
 - Body aches
 - Joint pain
 - Vomiting
 - Diarrhea
 - Rash
 - Fatigue and weakness can last weeks

If you have any of these symptoms, please seek medical attention immediately.